



2003 Season Review

Entering the 2003 season, the Huskies' men's and women's cross country teams seemed to have little more in common than the logo on their uniforms.

With four seniors in its top-seven, the Washington men entered the year determined to break a decade-long streak of NCAA Regional futility, and qualify for their first national championships since 1993.

The women, meanwhile, — lacking even one senior on the 24-woman roster — turned to an incoming class of freshmen to extend the team's streak of six-straight NCAA Championships appearances, the seventh-longest active streak in the nation.

Different paths, same goal: Waterloo, Iowa, and the Nov. 24 NCAA Championships.

Wins at the season-opening Emerald City Invitational by true freshman **Brianna McLeod** and redshirt freshman **Travis Boyd** touted the individual strength of Washington's talented newcomers, while a sweep of team titles at UW's Sundodger Invitational — just the third Husky sweep in the meet's 11 years — showed that both teams understood how to balance individual success with overall team effort.

Where the women relied heavily on freshmen, including Emerald City winner McLeod and Sundodger team leader **Amy Lia**, the men turned to their talented seniors. None were more consistent than indoor mile All-American **Eric Garner**, who led the Huskies in every varsity 8,000-meter race for the second-consecutive year.

After a sixth-place women's finish at the Notre Dame Invitational, and respective 13th- and 16th-place efforts in the men's and women's races at Pre-Nationals in Waterloo, both Husky squads entered the 2003 Pac-10 meet with something to prove.

Not content merely to extend a string of four-straight top-five Pac-10 finishes, the UW men aimed higher in icy temperatures on the Washington State Golf Course.

Led by Garner, Washington upset two top-20 teams en route to a third-place finish, the UW's best since a second-place effort in 1994. The Huskies totaled 93 points at the meet, just shy of Oregon's 91. Both squads were well behind champion Stanford, which won with 23 points.

Five Huskies crossed the line within 43 seconds, led by Garner's 10th-place effort.

"The leadership of our four seniors is what made this possible," Metcalf said. "They have our team believing they can do whatever they set their minds to."

While Garner's was a familiar face at the front of the pack for the Husky men, the UW women were led by sophomore transfer **Ingvill Makestad**, the fourth different Husky woman to lead Washington across the line in the season's first five races.

After having been forced to stop and walk briefly in her cross country debut just two weeks prior, Norwegian Makestad had no trouble with the Pac-10 course, placing ninth to extend to 10 the Husky women's string of consecutive seasons with a top-10 finisher at the Pac-10 Championships.

Makestad's run sparked the Huskies to fourth overall, trailing top-ranked Stanford, No. 4 Arizona State and No. 15 UCLA.

"The Pac-10s proved that our teams could take down some of the best in the region, and was an important confidence-builder entering the Regional," Metcalf said. "The Regional is what the whole season is pointed towards — every run, every workout, it all comes down to one race, one shot to go out and grab an NCAA berth."

Four of the nation's top-23 women's teams and six of the top-27 collegiate men's squads fought for just two automatic, and 2-3 provisional berths to the NCAA Championships at the West Regional at Portland's Blue Lake Park. The Husky men sought to end a 10-year NCAA Championships drought, while the women were bidding for a seventh-straight NCAA bid.

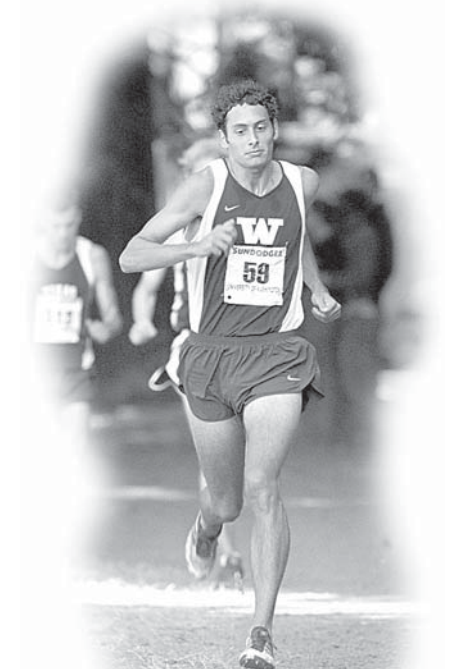
With the NCAA's provisional berths determined by regular-season wins and a "bump" rule helping teams who run well at their Regionals, Washington's men knew that a top-four finish and a win over 12th-ranked Oregon would give them their best shot at a Championships berth.

The wet, muddy conditions slowed many runners, including Garner, who held back early before surging to the finish in 21st overall. Just 21 seconds later, all of the Huskies' top-five scorers were in, lifting Washington to 162 points and a fourth-place finish, one crucial spot ahead of fifth-place Oregon, just two points behind.

"Those guys knew exactly what needed to be done, and they did it," Metcalf said after the race. "They absolutely deserve to be at the national meet."

As with the men, the women knew a fourth-place finish would bring them close to a provisional berth, while a win over 11th-ranked Arizona State would all but assure a spot at the Championships.

It was Makestad again who carried the



Eric Garner

Huskies' torch, staying with the lead pack the whole way for a fifth-place finish, best by a UW woman at the Regional since 1995.

Three more Huskies — junior **Lindsey Egerdahl** and freshmen Lia and **Dallon Williams**, were among the top-26 finishers, while McLeod rounded out the top-five in 37th. Washington's 94 team points earned a third-place finish — it's best since 1999 — and relegated Arizona State to fourth, thus priming the Huskies for an NCAA run.

"This may be our program's most significant day in the last decade," said Metcalf, whose teams were, indeed, both given at-large invitations to the NCAA meet two days later. "These folks can be proud of what they've accomplished today for a long time."

The at-large bids marked the first time since 1989 that both Husky squads earned NCAA invites, a feat matched among Pac-10 schools in 2003 only by Stanford.

Running first in the below-zero wind-chill conditions at the NCAA meet in Waterloo, Iowa, the Husky men set the tone for the day with a 21st-place finish. For once, it wasn't Garner at the front of the pack but sophomore 10,000-meter specialist **Mark Mandi**, who placed 67th.

Co-captain Egerdahl, meanwhile, ensured a banner day for the UW with an 81st-place finish, pacing the Husky women to a 19th-place effort, the team's fifth top-20 NCAA finish in the last seven years.

In all, 13 of the UW's 14 NCAA competitors made their NCAA debuts, with Egerdahl the only runner boasting NCAA experience. With six of the team's top-seven women, and four of its top-seven men slated to return, the forecast for 2004 is bright.

"A year of NCAA experience for all those young folks on our men's and women's teams will be invaluable this year," Metcalf said. "Last year really laid the foundation for an incredible season in 2004."



Lindsey Egerdahl

Washington's cross country teams placed 15 athletes on the Pac-10's All-Academic cross country squads in 2003, second only to Stanford's 16 and the most-ever by a UW cross country team.

The Huskies' three first-team recipients included two sophomores and a redshirt freshman. Sophomore **Andy Fader**, an honorable mention all-academic pick in 2003, headlined the first team on the strength of a 3.41 pre-major GPA.

Fader was joined by redshirt freshman **Travis Boyd**, 2003 Emerald City Invitational champion, who boasts a 3.82 GPA in pre-business studies.

Also on the first-team was sophomore **Laura Hodgson**, whose 3.90 GPA, in mathematics, is the team's highest.

Three more Washington runners earned second-team acclaim, including senior men's captain **Todd Arnold**, sophomore **Mark Mandi** and junior women's captain **Camille Connelly**.

The Pac-10 selects an all-academic team in every sport based on an individual athlete's academic and athletic excellence. A 3.0 overall grade point average is required for a student-athlete to be considered for the all-academic

squad. Washington has amassed the most Pac-10 selections in seven of the last 13 years.

In 1996, Tara Carlson completed a stellar career with the maximum number of first-team Pac-10 All-Academic team selections, earning three cross country and four track and field honors from the conference. Carlson had a 3.68 GPA in speech and hearing sciences, and was an academic All-American following her senior season.

In 1990, the Huskies featured GTE Academic All-American Pat Johnson, who graduated from UW with a 3.84 GPA and finished first in his class.

2003 Academic All-Pac-10 Cross Country Teams

Men's First Team

| Name | School | Year | GPA | Major |
|--------------------|-------------------|--------------------|-------------|-------------------------|
| Shane Ahlers | Oregon | Sophomore | 3.73 | Biology |
| Ryan Andrus | Oregon | Junior | 3.97 | Business Administration |
| Jonathan Balzer | California | Senior | 3.52 | Civil Engineering |
| Travis Boyd | Washington | RS Freshman | 3.82 | Pre-Major |
| Jeremy Cramer | Arizona | RS Freshman | 3.88 | Mathematics |
| Andy Fader | Washington | Sophomore | 3.41 | Pre-Major |
| Ryan Freimuth | Washington State | RS Freshman | 3.81 | Business Administration |
| Ian Johnson | Washington State | Senior | 3.71 | General Linguistics |
| John Lucas | Oregon | Senior | 3.44 | Psychology |
| Adam Tenforde | Stanford | Senior | 3.88 | Human Biology |

Men's Second Team

| | | | | |
|--------------------|-------------------|------------------|-------------|-------------------------|
| Todd Arnold | Washington | Senior | 3.36 | English |
| Neil Davis | Stanford | Junior | 3.25 | Public Policy |
| Ian Dobson | Stanford | Senior | 3.23 | Political Science |
| Erik Emilsson | UCLA | Junior | 3.46 | Business/Economics |
| Chad Galbreath | UCLA | RS Freshman | 3.38 | Undeclared |
| Michael Heidt | Washington State | Junior | 3.50 | Biology |
| Brett Holts | Oregon | Senior | 3.20 | Journalism |
| Eric Logsdon | Oregon | Senior | 3.25 | Business Administration |
| Mark Mandi | Washington | Sophomore | 3.36 | Engineering |
| Ryan Warrenburg | Arizona State | Sophomore | 3.52 | Undeclared |

Honorable Mention (Washington Only)

Jon Hickey (RFr.), Ben Koss (Sr.), John Russell (Sr.), Mike Sayenko (RFr.)

Women's First Team

| Name | School | Year | GPA | Major |
|----------------------|-------------------|------------------|-------------|----------------------|
| Ana Cabrera | Washington State | Junior | 3.95 | Communications |
| Amanda Goeller | Arizona | Sophomore | 3.78 | Pharmacy |
| Nicole Gurnicz | Arizona | Senior | 4.00 | Accounting |
| Allison Hall | UCLA | Sophomore | 3.80 | Undeclared |
| Laura Hodgson | Washington | Sophomore | 3.90 | Mathematics |
| Beth Hoge | Arizona | Junior | 3.88 | Nutritional Sciences |
| Amanda Lyon | Arizona State | Sophomore | 3.83 | Accounting |
| Eri MacDonald | Oregon | Senior | 3.81 | Journalism |
| Kate Neeper | USC | Sophomore | 3.96 | Spanish |
| Carmen Winant | UCLA | Junior | 3.81 | Art |

Women's Second Team

| | | | | |
|-------------------------|-------------------|---------------|-------------|----------------------|
| Camille Connelly | Washington | Junior | 3.74 | Pre-Major |
| Julia Corbett | Washington State | Junior | 3.96 | Fine Arts |
| Jennifer Ford | Arizona | Sophomore | 3.82 | Elementary Education |
| Jeanne Goff | Stanford | Junior | 3.38 | Communications |
| Eleanor Gordon | Oregon | Sophomore | 3.78 | Undeclared |
| Michi Hirakawa-Wong | Arizona | Junior | 3.36 | Pre-Psychology |
| Melissa McBain | UCLA | Junior | 3.36 | Pre-Psychology |
| Jessica Scalzo | Arizona State | Sophomore | 3.90 | Japanese |
| Brooke Thomas | USC | Senior | 3.30 | Business |
| Jenna Timinsky | UCLA | Sophomore | 3.74 | Undeclared |

Honorable Mention (Washington Only)

Lindsey Egerdahl (Jr.), Jamie Gibbs (Jr.), Laura Halverson (Jr.), Kathryn Touran (Jr.), Angela Wishaar (So.)



2003 Husky Men's Results

Emerald City Invitational

Sept. 6 • Lower Woodland Park • Seattle, Wash.

Team totals (Division-I Only):

- 1. Washington, 15** 2. Portland State, 40
Individual Winner: Travis Boyd, Washington, 25:52
Other Husky finishers*:
 3. Andrew Robinson, 26:10 11. Chris Fayant, 27:00
 6. Preston Brashers, 26:43 29. Doug Gibson, 28:11
 10. Matt Franck, 27:00 49. Curtis Easton, 29:33

Sundodger Invitational

Sept. 27 • Lincoln Park • Seattle, Wash.

Team totals:

- 1. Washington, 27** 4. Club Northwest, 102
 2. Eastern Washington, 96 5. Idaho, 105
 3. Portland State, 100 6. Gonzaga, 228
Individual Winner: Eric Kiuaka, Iron Lung Track Club, 23:58
Husky finishers*:
 3. Eric Garner, 24:10 21. Matt Owen, 25:09
 5. Travis Boyd, 24:23 22. Andy Fader, 25:10
 9. John Russell, 24:35 25. Andrew Robinson, 25:15
 10. Matt Topping, 24:38 26. Preston Brashers, 25:19
 11. Mark Mandi, 24:41 37. Stephen Mull, 25:50
 12. Ben Koss, 24:43 38. Matt Franck, 25:52
 13. Carl Moe, 24:44 39. Doug Gibson, 25:56
 14. Mike Sayenko, 24:46 48. Ryan Thomas, 26:16
 15. Chris Fayant, 24:55 61. Dustin Duke, 26:48

Pre-National Meet (Purple Race)

Oct. 18 • Irv Warren Golf Course • Waterloo, Iowa

Team totals:

- | | | |
|-------------------------|----------------------------|------------------------|
| 1. Stanford, 25 | 13. Washington, 394 | 25. James Madison, 709 |
| 2. Iona, 95 | 14. Princeton, 399 | 26. Pennsylvania, 714 |
| 3. Michigan, 148 | 15. Portland, 404 | 27. Wichita State, 739 |
| 4. Air Force, 196 | 16. Minnesota, 419 | 28. E. Illinois, 761 |
| 5. Villanova, 204 | 17. UCLA, 443 | 29. Loyola, 770 |
| 6. BYU, 223 | 18. Duke, 454 | 30. Maryland, 799 |
| 7. Cal Poly, 243 | 19. Missouri, 469 | 31. Marquette, 808 |
| 8. Indiana, 296 | 20. Columbia, 501 | 32. So. Illinois, 817 |
| t9. Florida State, 318 | 21. Virginia, 506 | 33. Nebraska, 913 |
| t9. Cent. Michigan, 318 | 22. Montana, 539 | 34. Ball State, 1008 |
| 11. Texas A&M, 340 | 23. Baylor, 572 | 35. Vaparaiso, 1117 |
| 12. Miami (OH), 366 | 24. Drake, 671 | |

Individual Winner: Kipi Kangogo, BYU, 23:10

Husky finishers:

43. Eric Garner, 24:21 103. Travis Boyd, 24:57
 58. Mark Mandi, 24:32 131. Todd Arnold, 25:15
 94. Matt Topping, 24:50 158. John Russell, 25:32
 99. Carl Moe, 24:55

Geoduck Invitational

Oct. 18 • The Evergreen State College • Olympia, Wash.

Team totals:

- 1. Washington, 42** 6. Pacific Lutheran, 159
 2. Simon Fraser, 60 7. Southern Oregon, 180
 3. British Columbia, 80 8. Central Washington, 187
 4. Portland, 83 9. Evergreen State Coll., 266
 5. St. Martin's, 141

Individual Winner: Richard Mosley, Simon Fraser, 20:10

Husky finishers*:

5. Matt Owen, 20:43 22. Doug Gibson, 21:27
 7. Jon Hickey, 20:50 28. Preston Brashers, 21:40
 8. Chris Fayant, 20:52 32. Matt Franck, 21:45
 11. Andrew Robinson, 21:02 35. Dustin Duke, 21:58
 t14. Stephen Mull, 21:13



The Husky men were outstanding at the Pac-10 Championships, coming within two points of second place. Two weeks later, the team posted a 21-second 1-5 interval at the NCAA Regional to place fourth, earning Washington its first NCAA Championships invitation since 1993.

Pac-10 Conference Championships

Nov. 1 • Washington State Golf Course • Pullman, Wash.

Team totals:

1. Stanford, 23 5. Arizona State, 112
 2. Oregon, 91 6. Washington State, 136
3. Washington, 93 7. UCLA, 150
 4. Arizona, 109 8. California, 92

Individual Winner: Ian Dobson, Stanford, 24:34

Husky finishers*:

10. Eric Garner, 25:17 35. Mike Sayenko, 26:06
 15. Mark Mandi, 25:30 40. Ben Koss, 26:20
 23. John Russell, 25:46 41. Todd Arnold, 26:23
 24. Andy Fader, 25:47 65. Travis Boyd, 27:42
 30. Carl Moe, 26:00

NCAA West Regional Championships

Nov. 15 • Blue Lake Park • Portland, Ore.

Team totals:

- | | | |
|---------------------------|---------------------------|-------------------------|
| 1. Stanford, 18 | 10. California, 257 | 19. UC Riverside, 518 |
| 2. Cal Poly, 110 | 11. UCSB, 282 | 20. CS Northridge, 567 |
| 3. Arizona, 132 | 12. Boise State, 359 | 21. Gonzaga, 614 |
| 4. Washington, 162 | t13. Idaho, 435 | 22. Santa Clara, 628 |
| 5. Oregon, 164 | t13. CS Fullerton, 435 | 23. CS Sacramento, 692 |
| 6. Portland, 169 | 15. Long Beach State, 437 | 24. Pepperdine, 724 |
| 7. UCLA, 178 | 16. UC Irvine, 451 | 25. San Diego, 772 |
| 8. Arizona State, 189 | 17. E. Washington, 476 | 26. San Jose State, 809 |
| 9. Wash. State, 252 | 18. Portland State, 508 | |

Individual Winner: Ian Dobson, Stanford, 29:32

Husky finishers:

21. Eric Garner, 30:17 38. John Russell, 30:38
 32. Mark Mandi, 30:29 42. Ben Koss, 30:49
 35. Carl Moe, 30:33 48. Andy Fader, 30:55
 36. Mike Sayenko, 30:34

NCAA Championships

Nov. 24 • Irv Warren Golf Course • Waterloo, Iowa

Team totals:

- | | | |
|---------------------|----------------------------|-------------------------|
| 1. Stanford, 24 | 12. Indiana, 384 | 22. Oregon, 4496 |
| 2. Wisconsin, 174 | 13. Cal Poly, 401 | 23. Arizona, 53 |
| 3. No. Arizona, 189 | 14. Miami (OH), 409 | 24. Providence, 550 |
| 4. Iona, 207 | 15. Ohio State, 415 | t25. Minnesota, 552 |
| 5. Arkansas, 213 | t16. Okla. State, 433 | t25. Georgia, 552 |
| 6. Colorado, 259 | t16. Central Michigan, 433 | 27. Portland, 613 |
| 7. Georgetown, 281 | 18. Colorado State, 434 | 28. Kentucky, 638 |
| 8. Air Force, 327 | 19. Brigham Young, 443 | 29. Florida State, 730 |
| 9. Michigan, 332 | 20. Texas A&M, 445 | 30. Virginia, 801 |
| 10. N.C. State, 343 | 21. Washington, 448 | 31. William & Mary, 849 |
| 11. Villanova, 350 | | |

Individual Winner: Dathan Ritzenhein, Colorado, 29:15

Husky finishers:

67. Mark Mandi, 30:36 145. Carl Moe, 31:13
 78. John Russell, 30:44 168. Mike Sayenko, 31:28
 108. Eric Garner, 30:56 188. Ben Koss, 31:38

* - Results do not include UW runners who competed unattached.

Emerald City Invitational

Sept. 6 • Lower Woodland Park • Seattle, Wash.

Team totals (Division-I Only):

- 1. Washington, 15** 2. Portland State, 48
Individual Winner: Brianna McLeod, Washington, 18:23
Other Husky finishers*:
 3. Kathryn Touran, 18:33 15. Marie Foushee, 19:24
 5. Laura Halverson, 18:52 19. Karen Schwager, 19:34
 11. Dallan Williams, 19:00 20. Angela Wishaar, 19:35
 12. Camille Connelly, 19:06 31. Leila Shiraiwa, 20:44

Sundodger Invitational

Sept. 27 • Lincoln Park • Seattle, Wash.

Team totals:

- 1. Washington, 41** 5. Eastern Washington, 144
 2. Idaho, 58 6. Portland State, 155
 3. Portland, 62 7. Gonzaga, 177.
 4. Oregon, 92

Individual Winner: Margaret Butler, Kajaks TC, 16:52

Husky finishers*:

7. Amy Lia, 17:26 20. Camille Connelly, 18:03
 8. Lindsey Egerdahl, 17:27 23. Kira Harrison, 18:07
 12. Laura Hodgson, 17:37 26. Jamie Gibbs, 18:13
 13. Marie Foushee, 17:39 34. Sayaka Yoshinaga, 18:33
 14. Brianna McLeod, 17:41 47. Angela Wishaar, 18:59
 15. Dallan Williams, 17:49 48. Karen Schwager, 19:00
 17. Laura Halverson, 17:51 56. Molly Wise, 19:11
 18. Kathryn Touran, 17:54 65. Leila Shiraiwa, 19:52

Notre Dame Invitational (Blue Race)

Oct. 3 • Burke Memorial Golf Course • South Bend, Ind.

Team totals:

1. Notre Dame, 73 8. Akron, 216 15. St. Joseph's (PA), 407
 2. Wake Forest, 105 9. California, 239 16. Oakland, 422
 3. Penn State, 134 10. Mississippi St., 258 17. Central Michigan, 427
 4. Duke, 140 11. Ball State, 269 18. Western Carolina, 527
 5. Vanderbilt, 163 12. South Florida, 286 19. Eastern Michigan, 527
6. Washington, 180 13. W. Michigan, 350 20. Memphis, 607
 7. UCSB, 193 14. Southern Utah, 363

Individual Winner: Molly Huddle, Notre Dame, 17:12

Husky finishers:

20. Lindsey Egerdahl, 17:58 52. Brianna McLeod, 18:38
 27. Amy Lia, 18:08 60. Laura Hodgson, 18:45
 41. Marie Foushee, 18:21 65. Dallan Williams, 18:49
 44. Jamie Gibbs, 18:28 71. Laura Halverson, 18:54
 48. Kathryn Touran, 18:35

Pre-National Meet (Gold Race)

Oct. 18 • Irv Warren Golf Course • Waterloo, Iowa

Team totals:

1. Stanford, 66 12. Kentucky, 384 23. Ball State, 584
 2. N.C. State, 101 13. Dartmouth, 407 24. Northwestern, 595
 3. Colorado, 148 14. Weber State, 412 25. Montana State, 609
 4. Wake Forest, 163 15. Idaho, 443 26. Harvard, 625
 5. UCLA, 173 **16. Washington, 469** 27. Kent State, 657
 6. Missouri, 220 17. Texas A&M, 474 28. Kansas, 674
 7. Wisconsin, 230 18. SW Missouri St., 479 29. Maryland, 676
 8. Marquette, 286 19. Utah State, 505 30. Wis.-Milwaukee, 785
 9. West Virginia, 306 20. Coastal Carolina, 511 31. Bucknell, 824
 10. Florida State, 310 21. James Madison, 558 32. Western Illinois, 944
 11. Villanova, 314 22. Portland, 577 33. Iowa State, 952

Individual Winner: Alicia Craig, Stanford, 19:53

Husky finishers:

32. Lindsey Egerdahl, 21:12 134. Laura Hodgson, 22:42
 90. Amy Lia, 22:09 139. Marie Foushee, 22:46
 98. Jamie Gibbs, 22:17 158. Brianna McLeod, 23:05
 115. Ingvill Makestad, 22:27

Pacific-10 Conference Championships

Nov. 1 • Washington State Golf Course • Pullman, Wash.

Team totals:

1. Stanford, 22 **4. Washington, 123** 7. USC, 185
 2. Arizona State, 78 5. Oregon, 161 8. Washington State, 187
 3. UCLA, 79 6. Arizona, 179 9. California, 202

Individual Winner: Sara Bei, Stanford, 21:13

Husky finishers:

9. Ingvill Makestad, 22:00 39. Laura Halverson, 23:43
 20. Amy Lia, 22:45 43. Jamie Gibbs, 23:49
 26. Dallan Williams, 23:13 45. Kathryn Touran, 23:59
 33. Brianna McLeod, 23:30 59. Marie Foushee, 24:43
 35. Lindsey Egerdahl, 23:33

NCAA West Regional Championships

Nov. 15 • Blue Lake Park • Portland, Ore.

Team totals:

1. Stanford, 45 12. Portland, 328 23. San Diego, 668
 2. UCLA, 69 13. Santa Clara, 350 24. San Jose State, 672
3. Washington, 94 14. Wash. State, 362 25. Pepperdine, 677
 4. Arizona State, 112 15. San Diego St., 415 26. CS Fullerton, 701
 5. UCSB, 175 16. Long Beach St., 421 27. San Francisco, 740
 6. Idaho, 193 17. Portland State, 495 28. UNLV, 793
 7. Cal Poly, 274 18. Fresno State, 498 29. CS Sacramento, 828
 8. Arizona, 290 19. Boise State, 509 30. UC Riverside, 852
 9. Oregon, 290 20. E. Washington, 526 31. Pacific, 954
 10. California, 308 21. CS Northridge, 609
 11. UC Irvine, 309 22. Hawaii-Manoa, 665

Individual Winner: Alicia Craig, Stanford, 20:06

Husky finishers:

5. Ingvill Makestad, 20:37 37. Brianna McLeod, 21:43
 13. Lindsey Egerdahl, 20:52 68. Jamie Gibbs, 22:22
 20. Amy Lia, 21:01 80. Kathryn Touran, 22:36
 26. Dallan Williams, 21:12

NCAA Championships

Nov. 24 • Irv Warren Golf Course • Waterloo, Iowa

Team totals:

1. Stanford, 120 12. Missouri, 383 22. Marquette, 509
 2. BYU, 128 13. Columbia, 401 23. Penn State, 510
 3. Providence, 222 14. Arizona State, 406 24. Tennessee, 513
 4. Michigan, 232 15. No. Arizona, 407 25. Baylor, 516
 5. Colorado, 269 16. Georgetown, 427 26. Wisconsin, 528
 6. N.C. State, 290 17. Michigan State, 435 27. Indiana, 571
 7. UCLA, 293 18. Florida State, 455 28. Colorado State, 574
 8. North Carolina, 294 **19. Washington, 486** 29. UCSB, 586
 9. Princeton, 348 20. Duke, 492 30. Nebraska, 593
 10. Notre Dame, 352 21. Wake Forest, 496 31. Texas, 644
 11. Villanova, 380

Individual Winner: Shalane Flanagan, North Carolina, 19:31

Husky finishers:

85. Lindsey Egerdahl, 21:11 216. Brianna McLeod, 22:16
 96. Ingvill Makestad, 21:14 231. Kathryn Touran, 22:33
 108. Amy Lia, 21:19 236. Marie Foushee, 22:38
 118. Dallan Williams, 21:21

* - Results do not include UW runners who competed unattached.



Ingvill Makestad led all Husky finishers at the NCAA West Regional, placing fifth overall. That finish equaled the highest by a UW woman at the Regional meet since 1995.



All-Time Men's Postseason Team Finishes

Pacific-8 Conference Championships

| Year | Site | UW Finish | Conf. Champ |
|------|---------------------|-----------|-------------|
| 1969 | Stanford, Calif. | 8th | Oregon |
| 1970 | Pullman, Wash. | 5th | Oregon |
| 1971 | Los Angeles, Calif. | 8th | WSU |
| 1972 | Seattle, Wash. | 6th | WSU |
| 1973 | Stanford, Calif. | 4th | Oregon |
| 1974 | Stanford, Calif. | 6th | WSU |
| 1975 | Stanford, Calif. | 4th | WSU |
| 1976 | Stanford, Calif. | 3rd | Oregon |
| 1977 | Stanford, Calif. | 2nd | Oregon |
| 1978 | Fresno, Calif. | 4th | Oregon |

Pacific-10 Conference Championships

| Year | Site | UW Finish | Conf. Champ |
|------|---------------------|-----------|-------------|
| 1979 | Stanford, Calif. | 7th | Oregon |
| 1980 | Stanford, Calif. | 6th | UCLA |
| 1981 | Stanford, Calif. | 8th | UCLA |
| 1982 | Fresno, Calif. | 8th | Oregon |
| 1983 | Stanford, Calif. | 7th | Arizona |
| 1984 | Stanford, Calif. | 8th | Arizona |
| 1985 | Stanford, Calif. | 6th | Stanford |
| 1986 | Stanford, Calif. | 4th | Arizona |
| 1987 | Stanford, Calif. | 4th | Arizona |
| 1988 | Stanford, Calif. | 4th | Oregon |
| 1989 | Stanford, Calif. | 2nd | Oregon |
| 1990 | Stanford, Calif. | 3rd | Oregon |
| 1991 | Stanford, Calif. | 3rd | Arizona |
| 1992 | Stanford, Calif. | 5th | Oregon |
| 1993 | Stanford, Calif. | 1st | Washington |
| 1994 | Stanford, Calif. | 2nd | Arizona |
| 1995 | Stanford, Calif. | 4th | Oregon |
| 1996 | Stanford, Calif. | 6th | Stanford |
| 1997 | Stanford, Calif. | 6th | Stanford |
| 1998 | Eugene, Ore. | 5th (tie) | Stanford |
| 1999 | Long Beach, Calif. | 6th | Arizona |
| 2000 | Seattle, Wash. | 5th | Stanford |
| 2001 | Scottsdale, Ariz. | 5th | Stanford |
| 2002 | Los Angeles, Calif. | 4th | Stanford |
| 2003 | Pullman, Wash. | 3rd | Stanford |

NCAA West Region Championships

| Year | Site | UW Finish | Reg'l Champ |
|------|-------------------|-----------|-------------|
| 1979 | Stanford, Calif. | 9th | Oregon |
| 1980 | Stanford, Calif. | 6th | UCLA |
| 1981 | Stanford, Calif. | 11th | UCLA |
| 1982 | Fresno, Calif. | 12th | Oregon |
| 1983 | Eugene, Ore. | 7th | Oregon |
| 1984 | Tucson, Ariz. | 10th | Arizona |
| 1985 | Bellevue, Wash. | 7th | Arizona |
| 1986 | Fresno, Calif. | 4th | Arizona |
| 1987 | Fresno, Calif. | 2nd | Arizona |
| 1988 | Fresno, Calif. | 2nd | Oregon |
| 1989 | Fresno, Calif. | 2nd | Oregon |
| 1990 | Fresno, Calif. | 2nd | Arizona |
| 1991 | Fresno, Calif. | 2nd | Arizona |
| 1992 | Tucson, Ariz. | 3rd | Arizona |
| 1993 | Woodland, Wash. | 2nd | Portland |
| 1994 | Tucson, Ariz. | 3rd | Arizona |
| 1995 | Woodland, Wash. | 5th | Stanford |
| 1996 | Fresno, Calif. | 5th | Stanford |
| 1997 | Tucson, Ariz. | 5th | Stanford |
| 1998 | Fresno, Calif. | 6th | Stanford |
| 1999 | Portland, Ore. | 8th | Stanford |
| 2000 | Fresno, Calif. | 8th | Stanford |
| 2001 | Tucson, Ariz. | 7th | Stanford |
| 2002 | Palo Alto, Calif. | 6th | Stanford |
| 2003 | Portland, Ore. | 4th | Stanford |

NCAA Championships

| Year | Site | UW Finish | Nat'l Champ |
|------|----------------------|-----------|-------------|
| 1977 | Spokane, Wash. | 13th | Oregon |
| 1987 | Charlottesville, Va. | 22nd | Arkansas |
| 1988 | Des Moines, Iowa | 18th | Wisconsin |
| 1989 | Annapolis, Md. | 4th | Iowa State |
| 1990 | Knoxville, Tenn. | 12th | Arkansas |
| 1991 | Tucson, Ariz. | 20th | Arkansas |
| 1993 | Bethlehem, Pa. | 8th | Arkansas |
| 2003 | Waterloo, Iowa | 21st | Stanford |

The Huskies' 1989 men's squad, featuring (from left) Gregg Bronn, Pat Johnson and Adam Leahy, earned an all-time UW-best fourth-place finish at the NCAA Cross Country Championships in Annapolis, Md.

Al Hjort was the Huskies' top finisher at the meet, placing 23rd in 30:28. Iowa State's John Nuttall captured the NCAA individual title in 29:30, leading his Cyclones to the NCAA team crown.



All-Time Women's Postseason Team Finishes

NorPac Conference Championships

| Year | Site | UW Finish | Conf. Champ |
|------|----------------|-----------|-------------|
| 1982 | Fresno, Calif. | 2nd | Oregon |
| 1983 | Eugene, Ore. | 5th | Oregon |
| 1984 | Fresno, Calif. | 4th | Oregon |
| 1985 | Pullman, Wash. | 5th | Oregon |

Pacific-10 Conference Championships

| Year | Site | UW Finish | Conf. Champ |
|------|---------------------|-----------|-------------|
| 1986 | Stanford, Calif. | 9th | Oregon |
| 1987 | Stanford, Calif. | 7th | Oregon |
| 1988 | Stanford, Calif. | 6th | Oregon |
| 1989 | Stanford, Calif. | 1st | Washington |
| 1990 | Stanford, Calif. | 2nd | Oregon |
| 1991 | Stanford, Calif. | 3rd | Oregon |
| 1992 | Stanford, Calif. | 2nd | Oregon |
| 1993 | Stanford, Calif. | 5th | Stanford |
| 1994 | Stanford, Calif. | 4th | Stanford |
| 1995 | Stanford, Calif. | 4th | Oregon |
| 1996 | Stanford, Calif. | 2nd | Stanford |
| 1997 | Stanford, Calif. | 3rd | Stanford |
| 1998 | Eugene, Ore. | 2nd | Stanford |
| 1999 | Long Beach, Calif. | 3rd | Stanford |
| 2000 | Seattle, Wash. | 4th | Stanford |
| 2001 | Scottsdale, Ariz. | 5th | Stanford |
| 2002 | Los Angeles, Calif. | 3rd | Stanford |
| 2003 | Pullman, Wash. | 4th | Stanford |

NCAA West Region Championships (NCWSA before 1981)

| Year | Site | UW Finish | Reg'l Champ |
|------|-------------------|-----------|-------------|
| 1976 | Eugene, Ore. | 3rd | Oregon |
| 1977 | Spokane, Wash. | 2nd | Oregon |
| 1978 | Seattle, Wash. | 2nd | Oregon |
| 1979 | Spokane, Wash. | 2nd | Oregon |
| 1980 | Missoula, Mont. | 2nd | Oregon |
| 1981 | Stanford, Calif. | 5th | Oregon |
| 1982 | Fresno, Calif. | 3rd | Stanford |
| 1983 | Eugene, Ore. | 11th | Oregon |
| 1984 | Tucson, Ariz. | 8th | Stanford |
| 1985 | Bellevue, Wash. | 11th | Oregon |
| 1986 | Fresno, Calif. | 10th | UCLA |
| 1987 | Fresno, Calif. | 7th | Oregon |
| 1988 | Fresno, Calif. | 7th | Oregon |
| 1989 | Fresno, Calif. | 1st | Washington |
| 1990 | Fresno, Calif. | 4th | Oregon |
| 1991 | Fresno, Calif. | 3rd | Oregon |
| 1992 | Tucson, Ariz. | 1st | Washington |
| 1993 | Woodland, Wash. | 5th | Arizona |
| 1994 | Tucson, Ariz. | 4th | Stanford |
| 1995 | Woodland, Wash. | 4th | Oregon |
| 1996 | Fresno, Calif. | 3rd | Stanford |
| 1997 | Tucson, Ariz. | 3rd | Stanford |
| 1998 | Fresno, Calif. | 3rd | Arizona |
| 1999 | Portland, Ore. | 2nd | Stanford |
| 2000 | Fresno, Calif. | 5th | Stanford |
| 2001 | Tucson, Ariz. | 4th | Stanford |
| 2002 | Palo Alto, Calif. | 4th | Stanford |
| 2003 | Portland, Ore. | 3rd | Stanford |

NCAA Championships (AIAW before 1981)

| Year | Site | UW Finish | Nat'l Champ |
|------|--------------------|-----------|-------------|
| 1977 | Austin, Tex. | 12th | Iowa State |
| 1980 | Burien, Wash. | 12th | N.C. State |
| 1982 | Bloomington, Ind. | 13th | Virginia |
| 1989 | Annapolis, Md. | 12th | Villanova |
| 1992 | Bloomington, Ind. | 12th | Villanova |
| 1994 | Fayetteville, Ark. | 15th | Villanova |
| 1995 | Ames, Iowa | 14th | Providence |
| 1997 | Greenville, S.C. | 14th | BYU |
| 1998 | Lawrence, Kan. | 9th | Villanova |
| 1999 | Bloomington, Ind. | 13th | BYU |
| 2000 | Ames, Iowa | 23rd | Colorado |
| 2001 | Greenville, S.C. | 14th | BYU |
| 2002 | Terre Haute, Ind. | 31st | BYU |
| 2003 | Waterloo, Iowa | 19th | Stanford |



Regina Joyce was first across the line at the 1980 NCWSA Region IX Championships in Missoula, Mont., leading the Huskies to a second-place finish. Just a freshman, Joyce went on to finish sixth at the AIAW National Championships, still the highest finish ever by a UW woman in national championship competition.



Top Men's Individual Postseason Performers



Jason Fayant

Pacific-10 Championships

| Year | Place | Individual | Time | Champion | School | Time |
|------|-------|----------------|-------|----------------------|----------|-------|
| 1976 | 8th | Gordy Braun | 29:38 | Henry Rono | WSU | 28:08 |
| 1977 | 9th | Bill Stolp | 30:43 | Joel Cheruiyot | WSU | 29:35 |
| 1978 | 15th | Bill Stolp | 30:54 | Henry Rono | WSU | 29:30 |
| 1979 | 9th | Bill Stolp | 30:58 | Henry Rono | WSU | 29:07 |
| 1980 | 13th | Dave Barnett | 31:27 | Ron Cornell | UCLA | 30:27 |
| 1981 | 25th | Chris Villani | 32:12 | Richard Tuwei | WSU | 30:56 |
| 1982 | 36th | Pat Ewing | 31:06 | Jim Hill | Oregon | 28:50 |
| 1983 | 23rd | Dave Barnett | 31:41 | Jim Hill | Oregon | 30:10 |
| 1984 | 17th | Curt Corvin | 31:27 | Tom Ansberry | Arizona | 30:25 |
| 1985 | 9th | Curt Corvin | 31:12 | Marc Olesen | Stanford | 30:33 |
| 1986 | 6th | Curt Corvin | 30:49 | Aaron Ramirez | Arizona | 30:24 |
| 1987 | 17th | Bruce McDowell | 31:42 | Matt Guisto | Arizona | 30:33 |
| 1988 | 4th | Bruce McDowell | 31:08 | Brad Hudson | Oregon | 30:47 |
| 1989 | 4th | Al Hjort | 23:42 | Marc Davis | Arizona | 23:31 |
| 1990 | 7th | Pat Johnson | 24:24 | Marc Davis | Arizona | 23:44 |
| 1991 | 8th | Greg Metcalf | 24:11 | Colin Dalton | Oregon | 23:36 |
| 1992 | 7th | Neil Panchen | 24:33 | Josephat Kapkory | WSU | 23:46 |
| 1993 | 4th | Simon Baines | 24:07 | Josephat Kapkory | WSU | 23:38 |
| 1994 | 7th | Darren Hunter | 24:54 | Martin Keino | Arizona | 24:04 |
| 1995 | 10th | Colin Johnston | 24:59 | Karl Keska | Oregon | 24:14 |
| 1996 | 16th | Christian Belz | 25:02 | Mebrathom Keflezighi | UCLA | 23:45 |
| 1997 | 10th | Christian Belz | 24:47 | Bernard Lagat | WSU | 23:39 |
| 1998 | 12th | Christian Belz | 24:18 | Abdirahman Abdi | Arizona | 23:23 |
| 1999 | 16th | Jason Fayant | 24:48 | Steve Fein | Oregon | 23:38 |
| 2000 | 12th | John Russell | 24:12 | Jonathon Riley | Stanford | 23:40 |
| 2001 | 4th | Jason Fayant | 24:17 | Grant Robison | Stanford | 24:04 |
| 2002 | 19th | Eric Garner | 24:38 | Grant Robison | Stanford | 23:27 |
| 2003 | 10th | Eric Garner | 25:17 | Ian Dobson | Stanford | 24:34 |

NCAA West Regional Championships

| Year | Place | Individual | Time | Champion | School | Time |
|------|-------|----------------|-------|----------------------|----------|-------|
| 1979 | 9th | Bill Stolp | 30:58 | Henry Rono | WSU | 29:07 |
| 1980 | 13th | Dave Barnett | 31:27 | Ron Cornell | UCLA | 30:27 |
| 1981 | 25th | Chris Villani | 31:12 | Richard Tuwei | WSU | 29:25 |
| 1982 | 42nd | Pat Ewing | 31:06 | Jim Hill | Oregon | 28:50 |
| 1983 | 8th | Dave Barnett | 30:53 | Jim Hill | Oregon | 30:08 |
| 1984 | 35th | Dan Bell | 33:08 | Tom Ansberry | Arizona | 31:10 |
| 1985 | 4th | Curt Corvin | 29:59 | Marc Olesen | Stanford | 29:51 |
| 1986 | 3rd | Curt Corvin | 30:25 | Penny Graves | Oregon | 16:42 |
| 1987 | 10th | Bruce McDowell | 30:40 | Matt Guisto | Arizona | 29:43 |
| 1988 | 3rd | Al Hjort | 30:30 | Marc Davis | Arizona | 30:08 |
| 1989 | 8th | Al Hjort | 30:51 | Brad Hudson | Oregon | 30:06 |
| 1990 | 6th | Adam Leahy | 31:09 | Marc Davis | Arizona | 30:08 |
| 1991 | 6th | Neil Panchen | 30:41 | Josephat Kapkory | WSU | 30:11 |
| 1992 | 6th | Neil Panchen | 31:33 | Josephat Kapkory | WSU | 30:42 |
| 1993 | 2nd | Simon Baines | 29:48 | Josephat Kapkory | WSU | 29:21 |
| 1994 | 12th | Nick Pavach | 31:57 | Martin Keino | Arizona | 30:50 |
| 1995 | 9th | Andy Wyman | 31:03 | Karl Keska | Oregon | 30:12 |
| 1996 | 8th | Christian Belz | 30:58 | Karl Keska | Oregon | 30:16 |
| 1997 | 13th | Christian Belz | 31:25 | Mebrathom Keflezighi | UCLA | 30:16 |
| 1998 | 12th | Christian Belz | 31:05 | Abdi Abdirahman | Arizona | 30:06 |
| 1999 | 27th | Jason Fayant | 31:43 | Steve Fein | Oregon | 30:30 |
| 2000 | 25th | John Russell | 31:34 | Jonathon Riley | Stanford | 30:40 |
| 2001 | 6th | Jason Fayant | 31:12 | Donald Sage | Stanford | 30:44 |
| 2002 | 23rd | Ben Koss | 31:26 | Donald Sage | Stanford | 30:13 |
| 2003 | 21st | Eric Garner | 30:17 | Ian Dobson | Stanford | 29:32 |



Simon Baines

NCAA Cross Country Championships

| Year | Place | Individual | Time | Champion | School | Time |
|------|-------|-----------------|-------|-------------------|-------------|-------|
| 1976 | 59th | Tim Murray | 29:47 | Henry Rono | WSU | 28:07 |
| 1977 | 68th | Bill McClement | 30:25 | Henry Rono | WSU | 28:34 |
| 1978 | 39th | Mark Hallenbeck | 30:25 | Alberto Salazar | Oregon | 29:30 |
| 1979 | 45th | Bill Stolp | 30:10 | Henry Rono | WSU | 28:20 |
| 1983 | 121st | Dave Barnett | 31:53 | Zakaria Barrie | UTEP | 29:20 |
| 1985 | 107th | Curt Corvin | 31:37 | Timothy Hacker | Wisconsin | 29:18 |
| 1986 | 27th | Curt Corvin | 31:34 | Aaron Ramirez | Arizona | 30:28 |
| 1987 | 75th | Bruce McDowell | 30:43 | Joe Falcon | Arkansas | 29:15 |
| 1988 | 47th | Bruce McDowell | 30:26 | Bob Kennedy | Indiana | 29:20 |
| 1989 | 23rd | Al Hjort | 30:28 | John Nuttall | Iowa State | 29:30 |
| 1990 | 25th | Pat Johnson | 30:02 | Jonah Koech | Iowa State | 29:05 |
| 1991 | 38th | Neil Panchen | 31:30 | Sean Dollman | W. Kentucky | 30:18 |
| 1992 | 47th | Neil Panchen | 32:06 | Bob Kennedy | Indiana | 30:16 |
| 1993 | 10th | Simon Baines | 29:53 | Josephat Kapkory | WSU | 29:33 |
| 1996 | 70th | Christian Belz | 32:28 | Godfrey Siamusiye | Arkansas | 29:49 |
| 1998 | 17th | Christian Belz | 30:50 | Adam Goucher | Colorado | 29:27 |
| 2001 | 94th | Jason Fayant | 30:57 | Boaz Cheboiwo | E. Michigan | 28:47 |
| 2003 | 67th | Mark Mandi | 30:37 | Dathan Ritzenhein | Colorado | 29:15 |



Bruce McDowell

Top Women's Individual Postseason Performers

Pacific-10 Championships (1982-85 NorPac Conference)

| Year | Place | Individual | Time | Champion | School | Time |
|------|-------|------------------|-------|--------------------|------------|-------|
| 1982 | 1st | Regina Joyce | 16:14 | Regina Joyce | Washington | 16:14 |
| 1983 | 13th | Sara Lindgren | 18:34 | Kathy Hayes | Oregon | 16:55 |
| 1984 | 10th | Adrianne Lorvick | 17:23 | Kim Rothe | Oregon | 16:48 |
| 1985 | 15th | Adrianne Lorvick | 19:13 | Kirsten O'Hara | California | 17:37 |
| 1986 | 31st | Michelle Swanson | 18:19 | Penny Graves | Oregon | 16:52 |
| 1987 | 20th | Laura Farias | 18:01 | Annette Hand | Oregon | 16:44 |
| 1988 | 23rd | Brandi Evans | 18:21 | Liz Wilson | Oregon | 17:06 |
| 1989 | 8th | Michelle Buresh | 17:35 | Jennifer Robertson | WSU | 16:33 |
| 1990 | 9th | Carrie Moller | 17:29 | Liz Wilson | Oregon | 16:52 |
| 1991 | 4th | Carrie Moller | 17:08 | Lisa Karnopp | Oregon | 16:48 |
| 1992 | 3rd | Tara Carlson | 17:07 | Nicole Woodward | Oregon | 16:51 |
| 1993 | 12th | Tara Carlson | 17:39 | Karen Hecox | UCLA | 16:43 |
| 1994 | 7th | Joelle Brayton | 17:32 | Karen Hecox | UCLA | 17:00 |
| 1995 | 4th | Tara Carlson | 17:16 | Amy Skiersz | Arizona | 16:45 |
| 1996 | 9th | Deeja Youngquist | 17:31 | Amy Skiersz | Arizona | 16:36 |
| 1997 | 10th | Deeja Youngquist | 17:48 | Amy Skiersz | Arizona | 16:40 |
| 1998 | 4th | Jennifer Smith | 17:27 | Amy Skiersz | Arizona | 16:59 |
| 1999 | 5th | Anna Aoki | 17:25 | Erin Sullivan | Stanford | 17:02 |
| 2000 | 4th | Cami Matson | 20:43 | Tara Chaplin | Arizona | 20:11 |
| 2001 | 6th | Lisa Gibbs | 20:56 | Lauren Fleshman | Stanford | 20:09 |
| 2002 | 7th | Courtney Inman | 20:57 | Sara Bei | Stanford | 19:48 |
| 2003 | 9th | Ingvill Makestad | 22:00 | Sara Bei | Stanford | 21:13 |



Tara Carlson

NCAA West Regional Championships (NCWSA before 1981)

| Year | Place | Individual | Time | Champion | School | Time |
|------|-------|-------------------|-------|----------------|---------------|-------|
| 1976 | 16th | Rainey Roetman | 19:03 | Debbie Quatier | SPU | 17:04 |
| 1977 | 4th | Kathy Adams | 18:18 | Debbie Quatier | SPU | 17:52 |
| 1978 | 7th | Rainey Roetman | 18:09 | Robin Baker | Oregon | 17:47 |
| 1979 | 8th | Sara Neil | 18:20 | Molly Morton | Oregon | 17:37 |
| 1980 | 1st | Regina Joyce | 17:39 | Regina Joyce | Washington | 17:39 |
| 1981 | 5th | Regina Joyce | 16:43 | Monica Joyce | S.D. State | 16:29 |
| 1982 | 3rd | Regina Joyce | 16:14 | Ceci Hopp | Stanford | 16:03 |
| 1983 | 22nd | Sara Lindgren | 18:34 | Kathy Hayes | Oregon | 16:55 |
| 1984 | 14th | Adrianne Lorvick | 18:15 | Regina Jacobs | Stanford | 17:05 |
| 1985 | 54th | Adrianne Lorvick | 19:10 | Regina Jacobs | Stanford | 16:41 |
| 1986 | 36th | Michelle Swanson | 17:45 | Penny Graves | Oregon | 16:42 |
| 1987 | 36th | Laura Farias | 17:41 | Annette Hand | Oregon | 16:19 |
| 1988 | 24th | Janicka Petersen | 17:47 | Penny Graves | Oregon | 18:36 |
| 1989 | 10th | Jennifer Gillette | 17:36 | Buffy Rabbitt | UC-Irvine | 16:53 |
| 1990 | 14th | Carrie Moller | 17:33 | Buffy Rabbitt | UC-Irvine | 16:45 |
| 1991 | 3rd | Carrie Moller | 17:02 | Lucy Nusrala | Oregon | 16:48 |
| 1992 | 2nd | Tara Carlson | 17:32 | Louise Watson | Stanford | 17:21 |
| 1993 | 5th | Tara Carlson | 16:58 | Karen Hecox | UCLA | 16:42 |
| 1994 | 7th | Tara Carlson | 17:57 | Milena Glusac | Oregon | 17:27 |
| 1995 | 3rd | Tara Carlson | 16:59 | Amy Skiersz | Arizona | 16:43 |
| 1996 | 12th | Angela Froese | 17:33 | Amy Skiersz | Arizona | 16:13 |
| 1997 | 14th | Angela Froese | 17:53 | Amy Skiersz | Arizona | 17:00 |
| 1998 | 11th | Deeja Youngquist | 17:17 | Amy Skiersz | Arizona | 16:26 |
| 1999 | 7th | Jen Schindler | 17:20 | Julia Stamps | Stanford | 16:50 |
| 2000 | 5th | Kate Bradshaw | 20:37 | Lisa Aguilera | Arizona State | 20:25 |
| 2001 | 11th | Lisa Gibbs | 21:51 | Tara Chaplin | Arizona | 20:41 |
| 2002 | 7th | Courtney Inman | 21:41 | Alicia Craig | Stanford | 20:39 |
| 2003 | 5th | Ingvill Makestad | 20:37 | Alicia Craig | Stanford | 20:06 |



Kate Bradshaw

NCAA Cross Country Championships (IAIW before 1981)

| Year | Place | Individual | Time | Champion | School | Time |
|------|-------|------------------|-------|--------------------|----------------|-------|
| 1976 | 84th | Rainey Roetman | 18:27 | Julie Brown | CS Northridge | 16:29 |
| 1977 | 40th | Rainey Roetman | 18:42 | Kathy Mills | Penn State | 16:51 |
| 1978 | 25th | Kathy Adams | 18:01 | Mary Decker | Colorado | 17:00 |
| 1979 | 36th | Sara Neil | 17:36 | Julie Shea | N.C. State | 16:35 |
| 1980 | 6th | Regina Joyce | 17:14 | Julie Shea | N.C. State | 16:49 |
| 1981 | 11th | Regina Joyce | 16:47 | Betty Springs | N.C. State | 16:40 |
| 1982 | 2nd | Regina Joyce | 17:07 | Lesley Welch | Virginia | 16:19 |
| 1989 | 60th | Sue Ocken | 17:52 | Vicki Huber | Villanova | 15:59 |
| 1991 | 14th | Carrie Moller | 17:04 | Sonia O'Sullivan | Villanova | 16:30 |
| 1992 | 30th | Stacie Hoytink | 17:58 | Carole Zajac | Villanova | 17:02 |
| 1993 | 100th | Tara Carlson | 18:03 | Carole Zajac | Villanova | 16:41 |
| 1994 | 75th | Tara Carlson | 18:15 | Jennifer Rhines | Villanova | 16:32 |
| 1995 | 8th | Tara Carlson | 17:26 | Kathy Butler | Wisconsin | 16:51 |
| 1997 | 67th | Angela Froese | 17:41 | Carrie Tollefson | Villanova | 16:29 |
| 1998 | 38th | Anna Aoki | 17:42 | Katie McGregor | Michigan | 16:48 |
| 1999 | 78th | Jen Schindler | 17:52 | Erica Palmer | Wisconsin | 16:40 |
| 2000 | 21st | Cami Matson | 21:16 | Kara Grgas-Wheeler | Colorado | 20:31 |
| 2001 | 35th | Lisa Gibbs | 21:24 | Tara Chaplin | Arizona | 20:24 |
| 2002 | 73rd | Courtney Inman | 21:03 | Shalane Flanagan | North Carolina | 19:37 |
| 2003 | 85th | Lindsey Egerdahl | 21:11 | Shalane Flanagan | North Carolina | 19:31 |



Cami Matson



Sundodger Invitational: Men's History



2003

Team Scores: 1. Washington, 27; 2. Eastern Washington, 96; 3. Portland State, 100; 4. Club Northwest, 102; 5. Idaho, 105; 6. Gonzaga, 128.

Individual Champion: Eric Kiuaka, Iron Lung Track Club, 23:58

Top Husky Finisher: 3. Eric Garner, 24:10

2002

Team Scores: 1. Washington, 46; 2. Texas A&M, 61; 3. South Dakota St., 84; 4. Pacific Sport, 115; 5. Idaho, 124; 6. Boise St., 141; 7. Club Northwest, 154; 8. E. Washington, 213; 9. CS Northridge, 253.

Individual Champion: Paul Kezes, Western Wash., 23:42

Top Husky Finisher: 7. Eric Garner, 24:23

2001

Team Scores: 1. Wash. State, 32; 2. Washington, 33; 3. UCLA, 86; 4. Auburn, 118; 5. Idaho, 149; 6. E. Wash., 162; 7. Port. St., 234; 8. Boise St., 256.

Individual Champion: Bryan Green, UCLA, 24:11

Top Husky Finisher: 4. Jason Fayant, 24:25

2000

Team Scores: 1. Washington, 41; 2. Michigan, 58; 3. UCLA, 63; 4. Texas Tech, 112; 5. Wash. State, 140; 6. Eastern Wash., 178; 7. Idaho, 244; 8. Portland St., 316; 9. Gonzaga, 329.

Individual Champion: Mark Pilja, Michigan, 23:53

Top Husky Finisher: 5. John Russell, 24:24

1999

Team Scores: 1. Utah, 47; 2. Texas A&M, 95; 3. Washington, 108; 4. Wash. State, 118; 5. Club Northwest, 159; 6. Texas Tech, 163; 7. Puget Sound, 208; 8. Kajaks, 213; 9. Simon Fraser, 236; 10. Idaho, 260; 11. Eastern Washington, 277; 12. George Fox, 340; 13. Western Washington, 342.

Individual Champion: Dave Davis, Puget Sound, 24:34

Top Husky Finisher: 6. David Bazzi, 25:14

1998

Team Scores: 1. Utah, 49; 2. Ariz. St., 53; 3. Washington, 60; 4. Club NW, 99; 5. Kajaks TC, 122; 6. UPS, 175; 7. Port. St., 178; 8. Simon Fraser, 210.

Individual Champion: Jeff Simonich, Utah, 24:47

Top Husky Finisher: 2. David Bazzi, 25:05

1997

Team Scores: 1. Oregon, 43; 2. Okla. State, 77; 3. Washington, 79; 4. Club Northwest, 83; 5. Idaho State, 92; 6. Eastern Wash., 178; 7. Gonzaga, 201.

Individual Champion: Elvis Terry, Idaho State, 24:46

Top Husky Finisher: 3. Christian Belz, 25:00

1996

Team Scores: 1. Oregon, 32; 2. Boise St., 56; 3. Club NW, 82; 4. Kajaks, 130; 5. Washington, 139; 6. Victoria, 168; 7. Cornell, 193; 8. UPS, 203; 9. Idaho, 246; 10. Ev. Harriers, 269; 11. E. Wash., 305; 12. Gonzaga, 360.

Individual Champion: Karl Keska, Oregon, 24:05

Top Husky Finisher: 7. Christian Belz, 25:16

1995

Team Scores: 1. Club Northwest, 44; 2. Washington, 58; 3. Portland, 62; 4. Nebraska, 121; 5. Kajaks Track Club, 180; 6. Puget Sound, 185; 7. Eastern Washington, 204; 8. George Fox, 230; 9. Footzone, 230; 10. Gonzaga, 234; 11. British Columbia, 245.

Individual Champion: Uli Steidl, Portland, 24:45

Top Husky Finisher: 4. Andy Wyman, 25:03

1994

Team Scores: 1. Washington, 37; 2. Kajaks Track Club, 39; 3. Portland, 97; 4. Washington State, 128; Club Northwest, 128; 6. Eastern Washington, 161; 7. Simon Fraser, 196; 8. Puget Sound, 200; 9. Idaho, 206; 10. Gonzaga, 244; 11. Saint Mary's, 328.

Individual Champion: Uli Steidl, Portland, 25:21

Top Husky Finisher: 2. Colin Johnston, 25:25

1993

Team Scores: 1. Portland 33; 2. Washington 55; 3. Cornell 99; 4. Kajaks 115; 5. Missouri 136; 6. British Columbia 171; 7. Utah 194; 8. Idaho 258; 9. Puget Sound 277; 10. Eastern Washington 281; 11. Simon Fraser 292; 12. Gonzaga 313; 13. Victoria 330; 14. Island Pacific Racing Team 390.

Individual Champion: Simon Baines, Washington, 24:40

1992

Team Scores: 1. Club Northwest, 35; 2. Air Force, 95; 3. Washington, 104; 4. British Columbia, 117; 5. Portland, 139; 6. Kajaks Track Club, 211; 7. Victoria, 234; 8. Simon Fraser, 301; 9. Idaho, 320; 10. Portland State, 337; 11. Club Northwest B, 371; 12. Hershey Harriers, 413.

Individual Champion: Graeme Fell, British Columbia, 24:33

Top Husky Finisher: 4. Neil Panchen, 24:59

Top-10 Course Times (8,000 meters)

| No. | Year | Runner | Team | Time |
|-----|------|-----------------|---------------|-------|
| 1. | 2000 | Jonathon Riley | Stanford | 23:40 |
| 2. | 2002 | Paul Kezes | W. Washington | 23:42 |
| 3. | 2000 | Jason Hartmann | Oregon | 23:48 |
| 4. | 2000 | Louis Luchini | Stanford | 23:50 |
| 5. | 2000 | Grant Robison | Stanford | 23:51 |
| 6. | 2000 | Tom Prindiville | Arizona | 23:51 |
| 7. | 2000 | Mark Pilja | Michigan | 23:53 |
| 8. | 2000 | Thomas Murley | Stanford | 23:55 |
| 9. | 2000 | Donald Sage | Stanford | 23:57 |
| 10. | 2000 | Bryan Green | UCLA | 23:58 |
| | 2003 | Eric Kiuaka | Iron Lung TC | 23:58 |

Washington Course Record

Eric Garner, 24:10 (2003)

Top-10 Times (6,000 meters)

| No. | Year | Runner | Team | Time |
|-----|------|------------------|---------------|-------|
| 1. | 2000 | Tara Chaplin | Arizona | 20:11 |
| 2. | 2000 | Lisa Aguilera | Arizona State | 20:20 |
| 3. | 2000 | Lauren Fleshman | Stanford | 20:35 |
| 4. | 2000 | Cami Matson | Washington | 20:43 |
| 5. | 2000 | Victoria Chang | Stanford | 20:46 |
| 6. | 2000 | Elena Villarreal | Stanford | 20:46 |
| 7. | 2000 | Mary Duarbeck | Arizona State | 20:48 |
| 8. | 2000 | Gillian Palmer | Washington | 20:50 |
| 9. | 2000 | Katrin Engelen | Arizona | 20:51 |
| 10. | 2000 | Hanna Smedstad | Oregon | 20:52 |

Washington Course Record

Cami Matson, 20:43, 2000

2003

Team Scores: 1. Washington, 41; 2. Idaho, 58; 3. Portland, 62; 4. Oregon, 92; 5. Eastern Washington, 144; 6. Portland State, 155; 7. Gonzaga, 177.

Individual Champion: Margaret Butler, Kajaks TC, 16:52

Top Husky Finisher: 7. Amy Lia, 17:26

2002

Team Scores: 1. Michigan, 45; 2. Washington 72; 3. Idaho, 73; 4. Texas A&M, 86; 5. Portland, 136; 6. CS Northridge, 180; 7. South Dakota State, 181; 8. Boise State, 207; 9. Eastern Wash., 234.

Individual Champion: Sabrina Monro, Unattached, 16:31

Top Husky Finisher: 4. Laura Hodgson, 17:16

2001

Team Scores: 1. Washington, 35; 2. UCLA, 53; 3. Auburn, 96; 4. Wash. State, 108; 5. Oregon, 123; 6. Boise State, 146; 7. Portland, 230; 8. Eastern Wash., 261; 9. Idaho, 280; 10. Portland State, 345.

Individual Champion: Sabrina Monro, Washington, 16:06

2000

Team Scores: 1. Washington, 24; 2. Idaho, 81; 3. Texas Tech, 84; 4. Wash. St., 88; 5. Port. St., 142; 6. UNLV, 168; 7. Gonzaga, 181; 8. E. Wash., 187.

Individual Champion: Gillian Palmer, Washington, 20:50

1999

Team Scores: 1. Washington, 28; t2. Idaho, 107, Texas Tech, 107; 4. Texas A&M, 109; 5. Wash. State, 138; 6. UNLV, 178; 7. Eastern Washington, 180; 8. Simon Fraser, 181; 9. Utah, 237; 10. Seattle Pacific, 267; 11. Pacific, 383.

Individual Champion: Leigh Daniel, Texas Tech, 16:52

Top Husky Finisher: 2. Melinda Campbell, 16:59

1998

Team Scores: 1. Michigan, 31; 2. Washington, 53; 3. Arizona State, 115; 4. Club Northwest, 143; 5. Puget Sound, 147; 6. Simon Fraser, 171; 7. Utah, 179; 8. Seattle Pacific, 193; 9. UNLV, 200; 10. Portland State, 216.

Individual Champion: Katie McGregor, Michigan, 16:44

Top Husky Finisher: 8. Kara Syrdal, 17:30

1997

Team Scores: 1. Washington, 33; 2. Club Northwest, 87; 3. Puget Sound, 90; 4. Idaho State, 94; 5. Simon Fraser, 119; 6. Southern Idaho, 170; 7. Seattle Pacific, 179; 8. Oklahoma State, 213; 9. Idaho, 238; 10. Eastern Washington, 252; 11. Creighton 305.

Individual Champion: Cari Rampersad, Simon Fraser, 17:15

Top Husky Finisher: 5. Margaret Butler, 17:27

1996

Team Scores: 1. Club Northwest, 45; 2. Oregon, 97; t3. Washington 101, Arkansas 101; 5. Boise State, 119; 6. Cornell, 148; 7. Simon Fraser, 175; 8. Puget Sound, 207; 9. Gonzaga, 253; 10. Seattle Pacific, 268; 11. Idaho, 269; 12. Eastern Wash., 328.

Individual Champion: Sarah Howell, Valley Royals, 17:14

Top Husky Finisher: 10. Anna Aoki, 17:46

1995

Team Scores: 1. Washington, 29; 2. Michigan, 53; 3. Nebraska, 90; 4. Puget Sound, 110; 5. Simon Fraser, 173; 6. Whitman, 183; 7. George Fox, 203; 8. Seattle Pacific, 210; 9. Gonzaga, 219; 10. Portland, 249; 11. Eastern Washington, 295.

Individual Champion: Tara Carlson, Washington, 17:08

1994

Team Scores: 1. Washington, 46; 2. Club Northwest, 86; 3. Portland, 94; 4. Puget Sound, 96; 5. Weber State, 139; 6. Simon Fraser, 145; 7. Tacoma Dodge, 153; 8. George Fox, 225; 9. Seattle Pacific, 226; 10. British Columbia, 240; 11. Eastern Washington, 282; 12. Gonzaga, 322

Individual Champion: Tara Carlson, Washington, 17:24

1993

Team Scores: 1. Arkansas, 30; 2. Oregon, 66; 3. Cornell, 105; 4. Washington, 137; 5. Club Northwest, 146; 6. Tacoma Dodge, 185; t7. Puget Sound 211, Utah 211; 9. Missouri, 240; 10. UC Irvine, 257; 11. Portland, 278; 12. Idaho, 279; 13. British Columbia, 396; 14. Eastern Washington, 416.

Individual Champion: Milena Glusac, Oregon, 17:01

Top Husky Finisher: 4. Tara Carlson, 17:31

1992

Team Scores: 1. Oregon, 42; 2. Washington, 51; 3. Abbotsford Royals, 104; 4. Portland, 152; 5. British Columbia, 167; 6. Tacoma Dodge Racing Team, 171; 7. Air Force, 183; 8. Victoria, 222.

Individual Champion: Nicole Woodward, Oregon, 17:04

Top Husky Finisher: 3. Brandi Evans, 17:22





Sundodger Invitational

The University of Washington hosts the 13th-annual Sundodger Invitational cross country meet on Sept. 18 at Lincoln Park in West Seattle. Check GoHuskies.com for official start times for the open and invitational races.

The Course

The men will run over an 8,000-meter (4.97 mile) course while for just the second time in meet history, the women will compete on a 6,000-meter circuit. Both courses are relatively flat, featuring a variety of terrain including dirt, grass, light gravel and woodchips. The course record for men was established by Stanford's Jonathon Riley, who ran a 23:40 at the 2000 Pac-10 Conference Championships. The 6,000-meter women's record was also set at the Pac-10 meet in 2000, with Arizona's Tara Chaplin completing the circuit in 20:11. Simon Fraser's Emilie Mondor holds the record at the meet's most commonly-run distance, 5,000 meters, with a time of 16:05 in 2002.

Cross Country Scoring

Teams win by having the lowest point total, based on the places of its top five runners added together. The squad size is seven, with each team's sixth and seventh finishers displacing potential scorers from other teams.



In addition to the annual Sundodger meet, Lincoln Park also played host to the 2001 Pac-10 Championships, won by Stanford's Jonathon Riley. Washington's men placed fifth.



Lincoln Park trail map provided by the Seattle Department of Parks and Recreation.

Directions

To Lincoln Park, West Seattle

(8603 Fauntleroy S.W.)

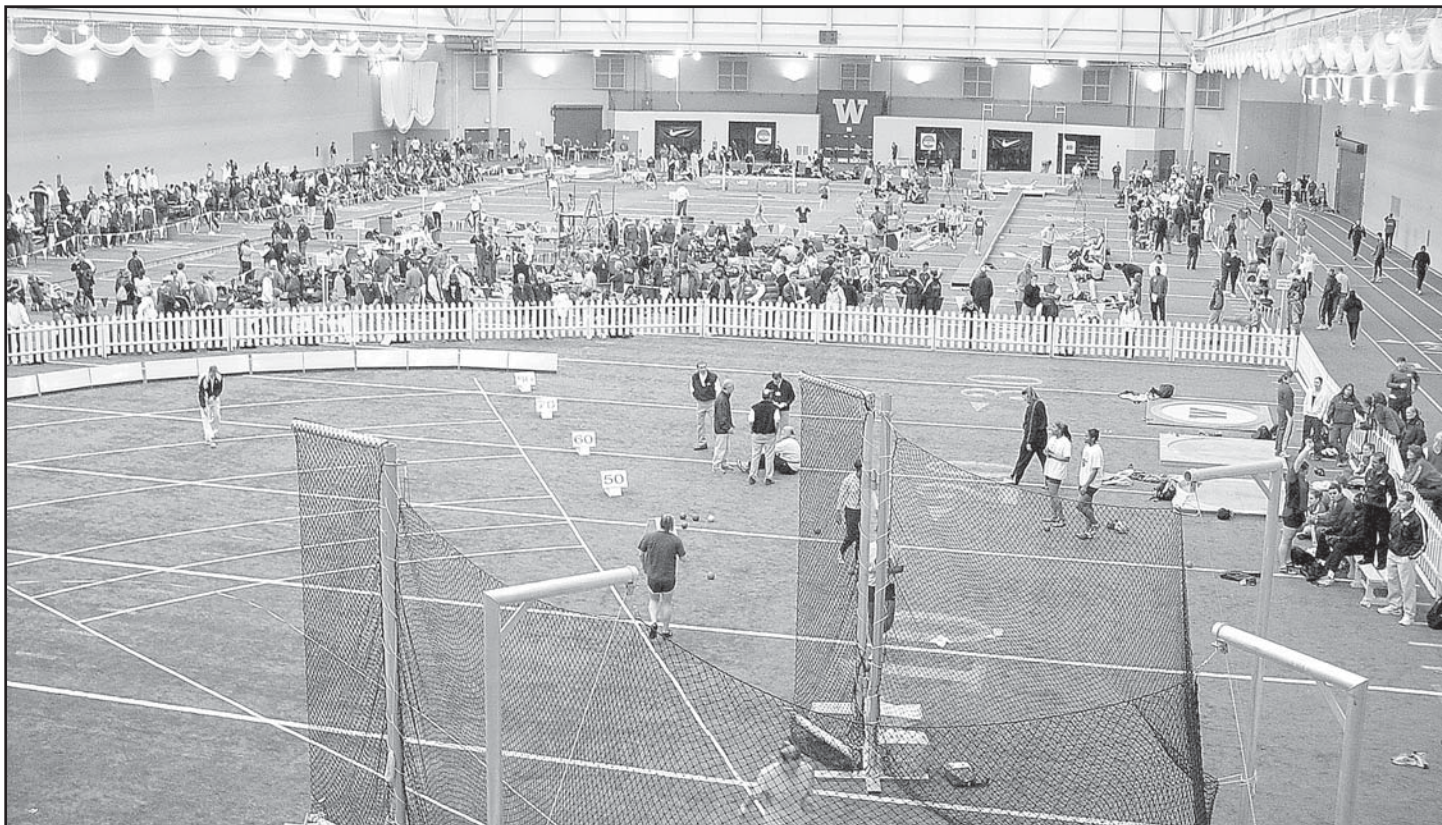
From Interstate 5 Going North or South

1. Follow the signs to Seattle.
2. Take the West Seattle exit (#163-A).
3. If you are heading North on I-5, stay left.
4. If you are heading South on I-5, stay right.
5. Continue west on the West Seattle Bridge and veer left up the hill.
6. Follow the signs to Fauntleroy Way SW.
7. Turn left onto Fauntleroy Way.
8. Proceed on Fauntleroy Way, weaving south and west for approximately 3 miles.
9. Stay on Fauntleroy Way SW until you arrive at Lincoln Park on the right hand side of the street.
10. You can also follow the signs for the Vashon Ferry Terminal, which is located directly south of Lincoln Park (you will come to the Park before you reach the ferry terminal).
11. Park in the Lincoln Park lots or on the street, but please pay attention to parking signs and restrictions. Violators could be towed.

To University of Washington

From I-5 Going North or South

1. Follow the signs to Seattle.
2. Just north of the city, take Hwy. 520 exit toward Bellevue-Kirkland (east).
3. Travel 1/4 mile and take the Montlake Boulevard exit.
4. At the end of the off ramp there is a stop light at Montlake Boulevard. Turn left.
5. Travel across the Montlake Bridge. Husky Stadium, Bank of America Arena and the Graves Building (athletic offices) will be visible on the right.



The 80,000-square foot indoor home of Husky track and field and cross country has, since its opening in September of 2001, earned a reputation as one of the nation's top indoor competitive facilities. Dempsey Indoor includes a permanent 307-meter MONDO track (six lanes on the straightaway, five on the oval) and a full 100-yard FieldTurf infield equipped to host the shot put, weight throw, long jump, triple jump, high jump and pole vault events.

In just the past two years, Dempsey Indoor has hosted nine Olympians, witnessed 13 top-10 world marks, 12 UW indoor school records and hundreds of NCAA qualifying marks, and served as the host site of the 2004 MPSF Championships.

The Feb. 7 Husky Invitational featured former Olympians Hugo Munoz of Peru and the United States' Bolota Asmeron, the latter of which clocked a facility-record time of 7:48.59 that is was among the best by an American indoors last year. 2004 U.S. indoor champion Toby Stevenson took the world lead in the pole vault with a clearance of 19-0 1/4 in January, and Stanford's Alicia Craig moved to the top of the IAAF World 5,000-Meter Rankings list with a time of 15:56.58 in February.

In addition to its competitive use, the building is utilized as an indoor practice facility for Washington's football, softball, baseball and men's and women's soccer teams, and is considered one of the premier indoor facilities on the West Coast.

The facility is named for California businessman Neal Dempsey, a 1964 UW graduate. Dempsey and his wife, Janet, announced a gift of \$10 million in January 2001, to be split between the School of Business and intercollegiate athletics.

Dempsey Indoor Records

MEN

| | |
|---------------------|---|
| 60m Dash | 6.63, Ja'Warren Hooker, Asics, 2/1/03 |
| 60m Hurdles | 7.80, Matt Mason, Wash. State, 2/28/04 |
| 200m | 21.10, Rubin Williams, Unattached, 2/15/03 |
| 400m | 46.17, Andre Ammons, Unattached, 2/15/03 |
| 800m | 1:47.38, Zach Whitmarsh, Pacific Sport, 2/15/03 |
| 1 Mile | 3:58.40, Michael Stember, NIKE, 2/15/03 |
| 3000m | 7:48.59, Bolota Asmeron, NIKE, 1/31/04 |
| 5000m | 13:47.40, Mike Donnelly, NIKE, 3/6/04 |
| 4x400m Relay | 3:09.07, UCLA, 2/28/04 |
| DMR | 9:34.21, UCLA, 2/14/04 |
| High Jump | 7-1 1/2, Kyley Johnson, Team XO, 1/31/04 |
| Pole Vault | 19-0 3/4, Toby Stevenson, Unattached, 1/31/04 |
| Long Jump | 26-6 1/4, Matt Mason, Wash. State, 2/27/04 |
| Triple Jump | 54-6 1/2, Julien Kapek, USC, 2/1/03 |
| Shot Put | 65-6 3/4, John Godina, adidas, 2/1/03 |
| Weight Throw | 73-9 1/2, Derek Woodske, IWTC, 2/1/03 |
| Heptathlon | 5,443, Gabe LeMay, Oregon, 2/27/04 |

WOMEN

| | |
|---------------------|--|
| 60m Dash | 7.35, Jakki Bailey, Stanford, 2/1/03 |
| 60m Hurdles | 8.06, Sheena Johnson, UCLA, 2/27/04 |
| 200m | 23.72, Michelle Davis, UNLV, 2/9/02 |
| 400m | 53.62, Megan Addy, Sheffield Elite, 2/15/03 |
| 800m | 2:02.91, Heather Henningar, Pacific Sport, 2/15/03 |
| 1 Mile | 4:33.41, Lena Nilsson, UCLA, 3/3/03 |
| 3000m | 9:00.27, Malindi Elmore, Asics, 1/31/04 |
| 5000m | 15:56.58, Alicia Craig, Stanford, 2/14/04 |
| 4x400m Relay | 3:35.06, UCLA, 3/3/03 |
| DMR | 11:05.16, Stanford, 1/31/03 |
| High Jump | 6-0 3/4, Kaylene Wagner, Cal Poly, 1/31/04 |
| | 6-0 3/4, Sharon Day, Cal Poly, 1/31/04 |
| Pole Vault | 14-8, Chelsea Johnson, UCLA, 2/14/04 |
| Long Jump | 21-6, Grace Upshaw, NIKE, 2/14/04 |
| Triple Jump | 43-5 3/4, Kamila Rywelska, BYU, 3/6/04 |
| Shot Put | 57-1, Stephanie Brown, Unattached, 1/31/04 |
| Weight Throw | 67-8 1/4, Cari Soong, UCLA, 1/31/04 |
| Pentathlon | 4,088, Brook Meredith, California, 2/26/04 |



Entering the 2004-05 season, the Pacific-10 Conference upholds its tradition as the "Conference of Champions."® Pac-10 members have claimed an incredible 84 NCAA team titles over the past nine seasons, more than eight per academic year.

Even more impressive is the breadth of the Pac-10's success, as those 84 team titles over the past nine seasons have come in 21 different men's and women's sports. The Pac-10 has now led the nation in NCAA Championships 39 of the last 44 years and finished second five times.

Spanning nearly a century of outstanding athletics achievement, the Pac-10 has captured 336 NCAA titles (246 men's, 90 women's), far outdistancing the runner-up Big Ten Conference's 197 titles.

Pacific-10 Conference

The Pac-10's reputation is further proven in the United States Sports Academy Directors' Cup competition, which honors the nation's top overall collegiate athletics programs.

STANFORD continued its remarkable run in 2003-04, winning its 10th-straight Directors' Cup. Four of the top-10 and seven of the top-20 Division-I programs were Pac-10 members: No. 1 STANFORD, No. 3 UCLA, No. 8 WASHINGTON, No. 9 CALIFORNIA, No. 15 ARIZONA, No. 16 ARIZONA STATE and No. 20 USC.

The Pac-10 captured 11 NCAA titles in 2003-04, more than double any other conference, including Stanford's sweep of men's and women's cross country titles. Four different Pac-10 schools won at least one NCAA title, with UCLA leading the nation with four.

Overall, the Conference had 21 teams finish in the top three at NCAA Championship events. Participation in the postseason was a common occurrence for the Pac-10 in 2002-03. Of the 22 sports sponsored by the Pac-10, 18 witnessed at least half its teams participating in the postseason, including individuals from 22 of Washington's 23 sports.

Pac-10 Directory

800 South Broadway, Suite 400
Walnut Creek, CA 94596
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FAX: (925) 932-4601

Internet: www.pac-10.org

Commissioner: Thomas C. Hansen

Asst. Commissioner, Championships and Administration: Christine Hoyles

Asst. Commissioner, Public Relations: Jim Muldoon

Asst. Commissioner, Electronic Communications: Duane Lindberg

Asst. Commissioner, Compliance and Enforcement: Mike Matthews

Asst. Commissioner, Business and Finance: Ben Jay

Asst. Commissioner, Enforcement: Ron Barker

Asst. Commissioner, Olympic Sports: Chris Dawson

Asst. Directors of Public Relations: Dave Hirsch & Julie Reuvers

Assistant Championships Director: Doreen Magee

Assitant Compliance Director: Eric Price

Financial Assistant: Lina Diaz

P.R. Interns: Noah Cohan, Kristin Mansfield

Administrative Fellow: Nicole Strange

Administrative Assistants: Sandra Safford, Wendy Heredia, Yvonne Halvorson, Michell Lockhart, Bri Niemi

National Collegiate Athletic Association



The University of Washington is a Division I member of the National Collegiate Athletic Association. The NCAA's basic purpose is to maintain intercollegiate athletics as an integral part of the educational program and the athlete as an integral part of the student body.

The 2004 NCAA Division I men's and women's Cross Country Championships are scheduled for Monday, November 22, in Terre Haute, Ind. Indiana State University serves as host of the championship meet.

In 1998, the championship field was expanded to 31 teams for both men and women, up from 22 in previous years. The top two teams from each regional meet earn automatic berths while an additional 13 teams will receive at-large invitations. Additionally, the top runners from each region whose teams do not qualify, will earn invitations to the championships meet.

The 2004 NCAA West Regional Championship cross country meet is scheduled for Saturday, Nov. 13, in Fresno, Calif.

NCAA

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